



Budget 2027 must tackle the pressures shaping young people's wellbeing, says spunout

Leading youth organisation calls for targeted investment to support the mental health of young people

30th June 2026: spunout, Ireland's youth information and support platform, has today launched its pre-budget submission *What Young People Need to Thrive* ahead of Budget 2027. spunout is calling on the Government to use Budget 2027 to address the interconnected challenges affecting young people's wellbeing, including mental health supports, barriers to participation and connection and the rising cost of living.

spunout launched the submission in Buswell's hotel with members of their action panel of young people in attendance. This event presents a unique opportunity for politicians to hear directly from young people on their hopes and needs for Budget 2027. Speaking ahead of the event, spunout action panel member Isobel Solan said: "We know that mental health doesn't exist in isolation. The pressures of finding affordable housing, paying for education, managing day-to-day costs and feeling connected to our communities all affect our wellbeing."

That's why investment in mental health supports is so important. Young people need timely access to support when they're struggling, but they also need the conditions that help protect their mental health in the first place. Budget 2027 is an opportunity to show young people that their wellbeing matters and that the challenges we face are being taken seriously.", Solan added.

spunout is calling for an additional €250 million in national mental health funding to continue the pathway towards allocating 10% of the health budget to mental health by 2030. This investment would strengthen access to timely mental health care while also supporting digital mental health services that many young people turn to as a first point of contact for information, signposting and support.

Alongside investment in mental health, spunout is calling for increased investment in youth work and youth infrastructure. Echoing the National Youth Council of Ireland's pre-Budget recommendations, the organisation is supporting an additional €27.3 million for the youth



sector and €75 million for the Young People's Space, Facilities and Services Fund, which could support the development of one-stop-shop Youth Hubs where young people can access information, services and supports within their communities.

spunout is also urging policymakers to recognise that young people's wellbeing is shaped by a number of areas that the Government could take action on. Factors such as community spaces for young people, affordable housing, accessible education and financial security all play a critical role in allowing young people to thrive.

CEO of spunout Sinead Keane commented: "Young people are navigating multiple pressures at once. While continued investment in mental health services remains essential, wellbeing is also influenced by whether a young person can afford education, secure housing, access supports, and stay connected to community, opportunity and support."

Keane went on to say, "We see the issues and the barriers facing young people in real time. Our Navigator tool has supported young people engage with mental health supports and resources over 54,000 times in the past year, and our 24/7 Text About It service has engaged in over 300,000 conversations since its inception in 2020. The demand we see across our services tells us that mental health remains one of the most pressing issues facing young people today. Young people are seeking support for anxiety, stress, loneliness, suicidal ideation, accessing counselling and other mental health challenges, often alongside concerns about housing, education and the rising cost of living. These pressures are deeply interconnected. If we want to improve mental health outcomes, Budget 2027 must invest in mental health supports, but also in creating better conditions that support young people's wellbeing".

As part of its Budget 2027 submission, spunout is calling for investment across a range of areas that directly impact young people's wellbeing:

- Allocate additional €250 million in national mental health funding to move towards allocating 10% of the health budget to mental health by 2030.
- Invest €27.3 million in additional funding for the youth sector to strengthen youth work services and supports.



- Invest €75 million for the Young People's Space, Facilities and Services Fund to improve youth infrastructure and community connection through the development of one-stop-shop Youth Hubs.
- Invest €68 million to reduce education costs for students and apprentices.
- Invest €40 million to reduce the cost of public transport for young people.

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